

Fostering Communications

Building a Network of People in the Foster Care System

July 2019

Upcoming State Conferences...

ND Behavioral Health
Conference
Civic Center, Fargo, ND
September 13-15, 2019
www.behavioralhealth.nd.gov

ND Conference of
Social Welfare
Baymont Inn, Mandan, ND
September 25-27, 2019
www.ndcsww.org

ND Family Based
Services Conference,
Holiday Inn, Fargo, ND
April 1-3, 2020
www.ndfbbsa.org



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University of North Dakota

PRIDE Link

The PRIDE Model we follow highlights the competency of **“Meeting Children’s Developmental Needs and Addressing Developmental Delays”**. If we are caring for a child who appears to be struggling developmentally or has a diagnosed delay, we likely need to partner with professionals in the field, such as an occupational or speech therapists, to obtain therapy for the child in need as well as seek advice and tools on what we can do to help the child thrive to their fullest potential. Part of what we are called to do as resource caregivers is to advocate for the child in your care. This can sometimes mean you have to educate individuals in your world and in your child’s world. Every so often you may come across someone who doesn’t have an understanding of the impact of trauma and how the child’s developmental delay or behavior could be a result of something more, such as their past traumatic experiences. The following link offers some great points to make us think and reconsider the language that is used to describe a child’s daily actions. [Watch Your Language](#)

Grief: It Changes Us

We often think of grief as something we go through as though it is something that ends. We then learn as we are in the midst of our sadness that part of it doesn’t end. When we experience a loss, it changes us. Changes us for the better, for the worse, simply changes who we are, how we act, and how we move forward. Nora McNerny shares her wisdom about loss and how she has managed since. "A grieving person is going to laugh again and smile again," she says. "They're going to move forward. But that doesn't mean that they've moved on." McNerny shares her experiences of loss through death; however, these losses could be relatable to when we lose someone just being present in our daily lives, such as when a child is reunified with their parents or placed from a foster home to reside with their long lost relative. This 15 minute video won’t disappoint.

[We Don’t “Move On” from Grief. We Move Forward with It](#)

Trust

As resource parents, we try from the tips of our toes to have the youth in our care trust us. We can understand and appreciate that earning one’s trust does not come from one simple moment, but from many moments that Brene Brown, national expert on vulnerability and trust, quotes as marble jar moments. Within the following video, Brown offers an acronym that can be used to foster trust with those in our lives, those we care for day in and day out as well as with ourselves. Brown quotes Charles Feltman’s definition of trust as “choosing to make something important to you vulnerable to the actions of someone else.” As caregivers we must go “B.R.A.V.I.N.G” into the relationship with the children in our care in hopes that they will in turn be vulnerable enough to trust. [The Anatomy of Trust](#)



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ONE....



One tree can start a forest;
One smile can begin a
friendship;
One hand can lift a soul;
One word can frame a
goal;
One candle can wipe out
darkness;
One laugh can conquer
gloom;
One hope can raise your
spirits;
One touch can show you
care;
One life can make the
difference;
Be that ONE today!!

~Author unknown



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Body Safety

We all understand that starting the conversation about body safety can feel a little like initiating the conversation about “the birds and the bees”, meaning it is awkward to say the least. However, we must admit, both conversations are necessary to prepare our children for life down the road. When considering how to approach this topic, remember the youth in your care have had experiences outside of your home and may have already been exposed to the topic, in a healthy or unhealthy manner. It is best to consult your child’s case manager and birth parents before starting any conversation about body safety or sex education. It may even be a conversation that you hold with the child in your care along with their birth parents, depending on the situation. There are a number of tools out there, ranging from parent education books, blogs, and video guides along with material directed for children in these similar formats, so we encourage you to explore the tools out there as aids to sharing this sensitive material with the child in your care. Author Jayneen Sanders tackles the topic in the following blog entry with some simple, great tips in the following link.

[8 Essential ‘Body Safety’ Rules to Keep Your Kids Safe](#)

Sanders also has written the book “My Body: What I Say Goes!”. You can preview the book in this video to see if it is a fit for your household.

[My Body: What I Say Goes!](#)

Online Training

CFSTC offered a series of webinars this past spring that many of you took part in. We plan to continue offering webinars on a regular basis. Our hope is to record many of these to have as ongoing training opportunities and educational refreshers. You can find our past recorded sessions as well as upcoming recordings under the tab “Resource Parent Webinar Recordings” on our website page [Foster Care Resources](#). You are welcome to utilize these recordings as part of your ongoing training. If you view the session “live”, meaning you view the session as it is being recorded, you can obtain “face to face” credit. CFSTC will then in turn send a list to your licensing agent to verify your attendance. If you view the session after it is held as a video recording, such as the ones currently listed on the website, you can obtain credit for an online training. You will need to work with your licensing worker to obtain credit for the online training option. Feel free to contact CFSTC with any questions or concerns.

Foster Parent Festivals

We will once again be offering our 9 hour Foster Parent Festivals in each of the four regions. These will consist of 3 hours on Friday evening followed by 6 hours of training on Saturday. We would love to have you join us for one of the following festivals.

- * Fargo on October 11-12, 2019
- * Minot on October 24-25, 2019
- * Grand Forks and Bismarck will be held in March 2020, dates TBD.

If you would like to travel outside of your designated region, we ask that you seek permission through your licensing worker. Watch for further details on our [Facebook](#) page, [website](#), and your email inbox.